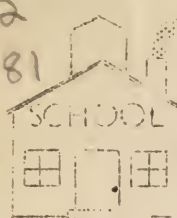


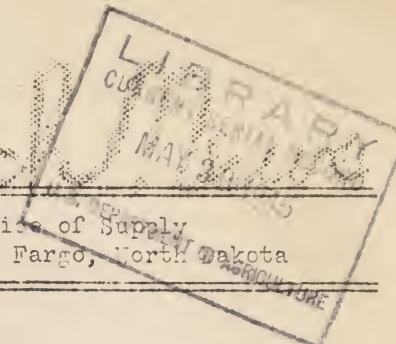
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School Lunch



No. 7

War Food Administration, CCC, Office of Supply
May 1, 1945
Fargo, North Dakota

THIS IS LAST ISSUE UNTIL NEXT FALL

This is the last issue of the North Dakota School Lunch News for the 1944-45 school year. The Fargo District Office appreciates the contributions of school lunch sponsors throughout the state which helped make the News more interesting. The News probably will make its next appearance in September or October.

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PLANS FOR NEXT YEAR ARE INDEFINITE

Plans for next year's School Lunch Program are still indefinite, but Federal legislation to put the program on a more permanent basis is before Congress. Marvin Jones, War Food Administrator, in a statement before the House Committee on Agriculture, said:

"Lack of permanent legislation naturally hampers the War Food Administration in its planning for the distribution of food to schools. Right now, before school closes for this year, we should be laying our plans for next year's program. But, because we do not know what form our authorization for next year will take, we are unable to do so."

"Schools, too, in planning for their next year's operation, must face the fact that Federal assistance may be materially changed or, indeed, cut off altogether. This inability to plan their programs ahead keeps many schools, particularly the poorer ones, from working toward the kind of program they would like to have and the kind we would like to see them have."

Mr. Jones expressed the opinion that legislation proposed by H. R. 2763 permanently established Federal assistance to school lunch programs on a firm base and said of this bill, "It sets as the policy of Congress the dual objective that we feel the School Lunch Program should be designed to accomplish: expanding markets for agricultural commodities by encouraging their domestic consumption, and improving the nutritional status of the Nation's children through providing foods for a school lunch program."

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INEXPENSIVE SCHOOL LUNCH CABINET HELPS

Mrs. Agnes Beck, teacher at Kempton School in Grand Forks County, uses a portable cabinet to keep school lunch equipment, electric plate and supplies in order. She has demonstrated her equipment at Grand Forks Teachers Meetings and planned to demonstrate her prize possession at NDEA in Fargo last fall but had to cancel the appearance at the last minute because of illness. Mrs. Beck makes the school lunch program a complete educational project in table manners, good eating habits and food preparation. The 12 pupils not only eat, but participate in the other phases of the program in one way or another.

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RESPONSE IS GOOD IN REPORT APPEAL

North Dakotans are spending at least as much as the Federal Government in their Community School Lunch Programs. Response was good to an appeal issued in the April News asking that sponsors advise the District Office of previously unreported local expenditures. A tabulation of these returns exceeded \$10,000, more than wiping out a deficit in the sponsor's contributions as originally reported.

LUNCH PROGRAMS MAY
CONTINUE TO JUNE

Notwithstanding tentative termination dates which sponsors indicated in their applications last fall, school lunch programs may be continued right through until the end of the school year under existing contracts, which do not expire until June 30, 1945. The District Office in Fargo would appreciate receiving notice from those schools which do operate beyond their original closing date. Children spend additional energy in the spring when warmer weather enables them to play out of doors, and they need complete noon lunches.

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MAKE PLANS TO CAN
FOR SCHOOL LUNCHES

School Victory Gardens and preservation of fruits and vegetables are more important than ever this year because supplies of commercially canned fruits and vegetables are at the lowest level since the war started. School lunch sponsors should plan now for their gardens and canning projects. If a school garden and community canning project are not practical, patrons should be encouraged to plant an extra row or two and can a few extra quarts for the school lunch program.

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RATS HELP TEACH
NUTRITION LESSON

A food consumption survey among students of the Hunter (N. D.) Public School last fall showed an appalling number who did not eat vegetables nor drink milk. The situation has improved now, thanks to school lunches and a revealing demonstration with four white rats carried on by Mrs. Marjorie Small, who majored in Home Economics and carried a minor in science at NDAC. Mrs. Small, Home Ec. Teacher, had the cooperation of Supt. H. T. Anderson and other teachers.

The experiment started November 27, 1944, and was completed just recently. Characters in the play were Dopey and Doc, females, and Happy and Grumpy, males. Mrs. Small reports that Dopey, who had a diet including unenriched bread, apple, candy, "coke" and starchy white foods, lacked pep, hatred to wash herself, and was subject to chills at the end of three weeks. Later she developed bleeding tailskin, frail bones, sore eyes and did not get her stiff adult fur. Doc, who received foods included in a good Type A lunch such as whole wheat or enriched bread, coleslaw or carrots, hard cooked egg, milk, citrus fruit and butter, retained pep and an extremely healthy, alert manner. She always was ready to play and was not afraid of strangers.

Grumpy, who had a meat, egg, butter, potato and orange diet, but no milk, green and leafy vegetables or cod liver oil, was surly, had sore eyes, fluctuated greatly in weight and was "dumpy" all the time. His bones were very poorly developed and at the end of the experiment he was $1\frac{1}{2}$ inches shorter than Happy. Happy, who was fed all of the Basic Seven foods including generous amounts of green and yellow vegetables and cod liver oil, fared much the same as Doc. All of the rats weighed about 40 gram; at the start of the experiment November 21 and at the end Happy weighed 315 grams; Grumpy 250; Doc 220 and Dopey 170.

Twice a month the rats were taken around to the grade rooms for observation. The enthusiasm and interpretation of the experiment by the children was gratifying. More students drank milk and honestly tried the vegetables served to them. Dr. E. H. Richter took x-ray pictures of the rats, and this showed that the rats getting no milk had bone formations that were pitifully thin and crooked.

Mrs. Small explained that the rats at five months of age were at the same stage of development as a child 15 years of age. "This has been a worthwhile experiment," she concluded, "even though it was a lot of work, as the students could so clearly see the results of diet on their bodies." (A more complete report on the experiment is on file at the District Office.)